

THE AMBULATORY CONTROL AND 24-HOUR BLOOD PRESSURE MONITORING IN HYPERTENSIVE PATIENTS

Zhuravlyova L., Ilchenko I.

The purpose of the study was to evaluate of the results of blood pressure (BP) self-measurement and ambulatory BP monitoring (ABPM) in patients(pts) with arterial hypertension (AH).

Methods. We examined 286 pts (135 men, mean age - 58.8 ± 6.4 years, duration of AH - 15.2 ± 5.8 years) with grade 2-3 AH who were treated at the clinic during the year. The data of home BP measurement were evaluated twice a day. ABPM was done at least twice a year.

Results. 72% of pts measured their home BP on regular basis. Target BP <140/90 mm Hg was achieved in 53% of pts, <130/85– in 24 %, <130/80– in 9 %. BP remained >140/90 mm Hg in 14 % of pts. According to the results of ABPM the following data were obtained: mean daily systolic BP (SBP) decreased <130 mm Hg, <140, and <150 in 21%, 42% and 25% of pts respectively; however it remained >150 mm Hg in 12% of pts. Indicators of a day-time mean SBP <130 mm Hg, <140 and <150 were observed in 29%, 37% and 23% of pts respectively; over 150 mm Hg - in 11% of pts. Indicators of night-time mean SBP <120 mm Hg, <130, <140 were determined in 26%, 44% and 21% of pts respectively; over 140 mm Hg – in 9% of pts. The mean daily diastolic BP (DBP) <80 mm Hg, <85 and <90 was determined in 19%, 34% and 38% of pts respectively, however it remained > 90 mm Hg in 9% of pts. The day-time mean DBP <80 mm Hg, <85 and <90 was observed in 24%, 37% and 28% of pts respectively; it remained > 90 mm Hg in 11% of pts. Night-time mean DBP <80 mm Hg, <85 and <90 was found in 32%, 39% and 19% of pts respectively; it remained > 90 mm Hg in 10% of pts. The analysis of the applied therapy has found that pts with good control of BP had taken 3 (59% of pts), 4 (33%) and 5 (8%) antihypertensive drugs. Pts with poor control of BP had taken 1 (9%), 2 (72%) or 3 (19%) drugs.

Conclusions. Home BP measurement is the most optimal BP control regimen for patients.